



A MINUTE OF HEALTH WITH CDC

Early Weight Watching

Prevalence of Obesity among Youth by Household Income and Education Level of Head of Household — United States, 2011-2014

Recorded: February 13, 2018; posted: February 15, 2018

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Obesity is a major public health problem in the U.S. Nearly one in five young people between the ages of two and 19 has obesity. Unfortunately, children with obesity are likely to become adults who struggle with their weight. Obesity in adults is associated with heart disease, diabetes, and cancer. Children with obesity are more likely to suffer from depression and low self-esteem. Developing healthy habits early in life can help prevent obesity. Eat a diet high in fruits and vegetables, drink water instead of sweetened beverages, and get regular physical activity—these are the most effective ways for children, and parents, to maintain a healthy weight.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.